

Broccoli

Component: Vegetable

Side Dish

Recipe #KSU Developed

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Broccoli, frozen, cut or chopped OR Broccoli, fresh, untrimmed OR Broccoli, fresh, trimmed, ready to use	10 lb 8 oz OR 9 lb 15 oz OR 8 lb 2 oz				<ol style="list-style-type: none"> 1. For fresh broccoli, trim and then wash under cold running water. Broccoli stems should be peeled prior to serving to children under 3. 2. Cut the florets into ½ inch pieces and the stems into ¼ inch pieces for even cooking. 3. Steam or boil for about 6-8 minutes. For boiling, only add enough water to cover the broccoli. 4. Remove from heat when stem pieces are tender. 5. CCP: Heat to 135° F or warmer 6. CCP: Hold at 135° F or warmer. 7. Drain and serve.

Broccoli

Component: Vegetable

Side Dish

Recipe #KSU Developed

Notes:

Nutrients calculated using Food Processor for broccoli, boiled, drained, chopped.

Serving: 1/2 cup cut, cooked, drained vegetable

1-2 years: 1/8 cup

3-5 years: 1/4 cup

6-18 years: varies, see menu

Nutrients Per Serving

Calories	27.30	Saturated Fat	0.06 g	Iron	0.52 mg
Protein	1.86 g	Cholesterol	0 mg	Calcium	31.20 mg
Carbohydrate	5.60 g	Vitamin A	60.37 RAE mcg	Sodium	31.98 mg
Total Fat	0.32 g	Vitamin C	50.62 mg	Dietary Fiber (2016)	2.57 g